



## Karate ♥

### Preschool

Miss Leah creates a disciplined environment where children learn basic kicks, punches, blocks and stances of Shito-Ryu style Karate. Class develops improved motor skills, balance and coordination. As development progresses children learn stances, combination moves, correct form and technique, and katas. Uniforms are required and may be purchased from instructor.

**Calavera Hills Community Center: Activity Room**

**Instructor: Leah Snead**

**Age: 3Y - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55735	9:30am-10:15am	W	Jan 9-Feb 6	5c	\$58/\$68
55736	9:30am-10:15am	W	Feb 20-Mar 27	6c	\$69/\$79
55737	9:30am-10:15am	W	Apr 10-May 15	6c	\$69/\$79

### After School: Level I

Students will learn combination kicks, blocks and punches of Shito-Ryu style karate. Students will also learn katas and advance through a belt structure. Good choices and behavior are taught along with respect and discipline. Karate uniforms are required and may be purchased from instructor. Age overrides are not permitted for this program.

**Calavera Hills Community Center: Activity Room**

**Instructor: Leah Snead**

**Age: 5Y - 10Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55741	4:30-5:30pm	M	Jan 7-Feb 4	4c	\$52/\$62
55742	4:30-5:30pm	M	Feb 25-Mar 25	5c	\$66/\$76
55743	4:30-5:30pm	M	Apr 8-May 13	6c	\$79/\$89

### After School: Level II

This class can help your child develop respect, patience, self-confidence, and improves flexibility and coordination. Level II teaches self-defense techniques and katas used in the style of Shito Ryu. Students will progress through a belt structure and have the opportunity to compete in tournaments.

**Harding Community Center: Recreation Hall**

**Instructor: Leah Snead**

**Age: 5Y - 10Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55744	5:45-6:45pm	W	Jan 9-Feb 6	5c	\$74/\$84
55745	5:45-6:45pm	W	Feb 20-Mar 27	6c	\$89/\$99
55746	5:45-6:45pm	W	Apr 10-May 15	6c	\$89/\$99

## American JKA Shotokan Karate ♥

### Beginning

Great form of exercise and self-defense! Introduces students to basic karate techniques and forms for self-defense that build strength, coordination and flexibility. Special emphasis is placed on providing tools for developing self-discipline and confidence, along with skills for dealing with peer pressure, conflict and bullying.

**Harding Community Center: Auditorium**

**Instructor: Kevin Warner Carlsbad Shotokan**

**Age:**

**12Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55935	5:00-6:00pm	M/W	May 6-Jun 29	23c	\$126/\$136
	8:30-9:30am	Sa			
55936	5:00-6:00pm	M/W	Jan 7-Feb 23	19c	\$126/\$136
	8:30-9:30am	Sa			
55937	5:00-6:00pm	M/W	Mar 4-Apr 27	24c	\$126/\$136
	8:30-9:30am	Sa			

# Martial Arts

## Intermediate/Advanced

Great form of exercise and self-defense! Develop a mastery of basic techniques while introducing advanced ideas and techniques for sparring and self-defense. More intense training allows students to increase their physical, mental and emotional endurance. Opportunities for competition available. Class will not be held on 1/21/13 and 2/18/13.

### Harding Community Center: Auditorium

Instructor: Kevin Warner Carlsbad Shotokan

Age: 7Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55943	6:00-7:00pm 10:00-11:00am	M/W Sa	Jan 7-Feb 23	19c	\$126/\$136
55944	6:00-7:00pm 10:00-11:00am	M/W Sa	Mar 4-Apr 27	24c	\$126/\$136
55945	6:00-7:00pm 10:00-11:00am	M/W Sa	May 6-Jun 29	23c	\$126/\$136

## Japan Karate Federation ♥

### Youth: Beginning and Advanced

JKF provides training in an authentic martial arts environment as you learn karate techniques. Through discipline and perseverance you progress through the ranks. As you progress in skill, knowledge and conditioning, you will learn more advanced forms, sparring and self-defense techniques.

### Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 6Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55667	7:00-8:00pm 6:45-8:00pm 9:00-10:00am	M W Sa	Jan 5-Feb 23	20c	\$72/\$82
55668	7:00-8:00pm 6:45-8:00pm 9:00-10:00am	M W Sa	Feb 25-Apr 22	25c	\$72/\$82
55669	7:00-8:00pm 6:45-8:00pm 9:00-10:00am	M W Sa	Apr 24-Jun 17	23c	\$72/\$82

## Adult: Beginning/Advanced

As a beginning student you are introduced to training in an authentic martial arts environment. Introduction to Kobudo and Jui Jitsu offers you an opportunity to train in multiple martial arts. As you progress in skill, knowledge and conditioning, you will learn more advanced forms, sparring and self-defense techniques.

### Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 12Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55670	8:00-9:15pm 10:00-1:00pm	M/W Sa	Jan 5-Feb 23	20c	\$79/\$89
55671	8:00-9:15pm 10:00-1:00pm	M/W Sa	Feb 25-Apr 22	25c	\$79/\$89
55672	8:00-9:15pm 10:00-1:00pm	M/W Sa	Apr 24-Jun 17	23c	\$79/\$89

## Kendo Japanese Swordsmanship ♥

### Basic & Advanced

Kendo began in ancient Japan as a method of combat. The purpose and methods have changed with society, but Kendo continues developing character, self-discipline, respect and physical fitness. Practice includes basic footwork and sword technique the first 90 minutes. During the final hour advanced students wear armor and practice technique matched with a partner. Advanced class continues until 5:30 p.m.

### Harding Community Center: Recreation Hall

Instructor: Ted Mason

Age: 8Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55660	3:00-5:30pm	Su	Dec 30-Feb 17	8c	\$42/\$52
55661	3:00-5:30pm	Su	Mar 3-Apr 21	8c	\$42/\$52
55662	3:00-5:30pm	Su	May 5-Jun 23	8c	\$42/\$52

## Soo Bahk Do ♥

### Basic & Advanced

Soo Bahk Do is a Korean Martial Art practiced today as a method of self-defense and exercise which has been in existence for centuries. It develops coordination, muscle conditioning, discipline, self-control, confidence and self-respect. Students may achieve a high level of mental, spiritual and physical well-being. Advanced students practice final 30 minutes.

### Calavera Hills Community Center: Activity Room

Instructor: Ted Mason

Age: 8Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55657	1:00-2:30pm 1:00-2:30pm	Th Sa	Jan 5-Feb 23	14c	\$74/\$84
55654	1:00-2:30pm	Sa	Jan 5-Feb 23	7c	\$37/\$47
55651	6:30-8:00pm	Th	Jan 10-Feb 21	7c	\$37/\$47
55658	6:30-8:00pm 1:00-2:30pm	Th Sa	Mar 7-Apr 27	16c	\$84/\$94
55652	6:30-8:00pm	Th	Mar 7-Apr 25	8c	\$42/\$52
55655	1:00-2:30pm	Sa	Mar 9-Apr 27	8c	\$42/\$52
55659	6:30-8:00pm 1:00-2:30pm	Th Sa	May 9-Jun 29	16c	\$84/\$94
55653	6:30-8:00pm	Th	May 9-Jun 27	8c	\$42/\$52
55656	1:00-2:30pm	Sa	May 11-Jun 29	8c	\$42/\$52

## OPEN PLAY

**Get Together! Get Active!**  
**Open Play at Your Community Center**

**Basketball • Badminton • Volleyball**  
**Pickle Ball • Family Night • Youth Times**

Visit Calavera Hills or Stagecoach Community Centers  
for current Open Play times and  
activities for adults, teens, kids and families.

